Machine Translated by Google

Lana Paley

Your path to perfection

Better than Yoga

Gymnastics for every day

Preface to the electronic edition, 2020.

The set of exercises proposed in the book was developed by Lana Paley in collaboration with the famous by rheumatologist P. V. Evdokimenko. This is a complete gymnastics aimed at improving health the whole body. The exercises are designed taking into account that they will be performed by people without any physical fitness. All that is required of you is the desire to be healthy!

With the help of such gymnastics you can maintain youth, gain health, and strengthen muscles and improve your posture. You'll notice the changes after just one session.

We present the edited electronic edition of the book "Better than Yoga".

The book has changed little compared to the printed original. We have tried to make it so that, unlike the crooked pirated copies, the book would be easy to read on most e-readers and tablets.

We hope that reading the book will give you pleasure and bring the desired benefits.

© Lana Paley, 2020
LP170170

Machine Translated by Google

Table of contents

Table of contents 4

Introduction 6

CHAPTER 1. IN SEARCH OF IDEAL GYMNASTICS 7

CHAPTER 2. ABOUT THE BENEFITS OF GYMNASTICS 14

CHAPTER 3. SPECIFICITY OF EXERCISES 16

CHAPTER 4. DESCRIPTION OF EXERCISES 20

Basic complex 21

Exercise 1 21

Exercise 2 22

Exercise 3 23

Exercise 4 24

Exercise 5 25

Exercise 6 26

Exercise 7 29

Exercise 8 30

Exercise 9 31

Exercise 10 32

Exercise 11 34

Exercise 12 35

Exercise 13 37

Exercise 14 39

Exercise 15 41

Exercise 16 42

Exercise 17 44

Exercise 18 Uddiyana Bandha 46

ADDITIONAL COMPLEX 48

Exercise 19 48

Exercise 20 51

Exercise 21 53

Exercise 22 54

Exercise 23 55

Exercise 24 57

Machine Translated by Google

Exercise 25 (Twist #1) 58
Exercise 26 (Twist #2) 60

CLOSING REMARKS 61

Table of contents 63

Machine Translated by Google

"Health is given to everyone from birth, its supply is finite, but while it lasts, a person behaves as if he were immortal." V.S. Boyko

Introduction

We all want to stay young as long as possible. But how many of us do anything? What do they do for this? Look what happens to our body if we don't expose it to any physical activity. Until the age of thirty, we mercilessly use what nature has given us, without thinking at all about what will happen next. As a result, at forty, we have a body ready retire. And then the question arises: are we ready, in the prime of life, to fold our arms and Wait for old age?

Movement is life. No one can argue with that. It's important to understand which direction to move in. And what is gymnastics? It's the easiest way to preserve youth and maintain health. A physically beautiful and healthy person attracts the attention of others. They are positive and content. himself. He is not distracted by pain or imperfections of the body. It is quite natural that for communication you You would rather have such a person than someone who will always complain about his health.

Personally, I've never had a question about how I want to look, say, when I'm fifty. For myself, I decided to preserve my youth and health for as long as possible at all costs. But I understood that The path to perfection cannot be easy. Everyone knows that without effort, nothing can be achieved. Only proper physical exercise can restore youth to the body. And gymnastics is not an investment in your future that requires investment and will pay dividends sooner than you you expect. And it will continue to bring benefits for many, many years, but on condition that you will continue to work, just forty minutes a day, three times a week. And that's exactly the time that will your investment in your health and your future. It's up to you to decide whether you want to see how, year after year, your body looks older, muscles start to sag, skin stretches and becomes covered wrinkles, or would you prefer your body to remain youthful, toned and elastic.

If you're holding this book in your hands, it means you've already thought about your appearance and health. You look at your reflection in the mirror, and perhaps you don't like everything. You want to change, but Don't know what to do? Read this book to the end. I've already found the elixir of health and I want to share it. with you.

The set of exercises proposed in the book was developed by me together with my husband. by rheumatologist Pavel Valerievich Evdokimenko, more than 12 years ago. Initially, we They created a complex for treating people with back pain and sore joints. Then they added Posture correction exercises were added. Health exercises will follow a little later. internal organs. And today we have a full-fledged gymnastics aimed at Healing and rejuvenating the entire body. This is the kind of gymnastics I want to teach you.

All exercises presented in this book are selected based on my personal many years of experience and after observing the changes in the physical condition of those people who The first to try our gymnastics. Those people who started training with me for more than 10 years back, to this day they make themselves and me happy with their physical fitness and excellent health.

In this book, you'll see exercises, many of which will seem familiar to you. Remember: The similarities are only superficial. This gymnastics is fundamentally different from anything you've ever seen.

Everyone is looking for a teacher in the vast world of all kinds of gymnastics. I will try to become one for I won't just be an instructor who will introduce you to the exercises, but I will teach you everything I know myself. I will explain with a personal example why this particular gymnastics became for me and many of my students, is called "gymnastics for life." After reading this book, you will be able to correctly evaluate any gymnastics, aerobics, yoga, etc. offered to you.

Machine Translated by Google

CHAPTER 1. IN SEARCH OF IDEAL GYMNASTICS

Even in my youth, I began to think about what I needed to do to stay slim and young at any age? And even then I understood that those who play sports look much more toned. But no sport suited me, each one lacked something. I needed there was something more universal. And then my search for the "perfect gymnastics" began. My goal was:

a) maintain the youth of the body,

b) correct posture, c)

strengthen the back,

d) and, what is important, that all this takes a minimum of time, while the result is noticeable as quickly as possible.

Eventually, after going through the thicket of illiteracy and stupidity, I found what I was looking for. But first, In search of the gymnastics of my dreams, I had to go through all the circles of stupidity: from physical education classes in school to all kinds of aerobics and yoga.

About physical

education. I'll start from the beginning. The biggest "collection of stupidity" can be written about physical education classes. What useful things did we learn from these classes? Did anyone have good posture in school? As far as I remember, many had "wings from slouching" behind their backs. Me too. Physical education is for us Did it help in this matter? No. What about the abs? How do they strengthen them in physical education classes?

You lie on your back, your hands clasped behind your head and, worst of all, someone sits on your legs. classmate, after which you jerkily try to sit down twenty-five times. And with particularly sadistic the teacher's inclinations are all fifty.

Do you remember how it felt after such exercises? Your lower back hurt terribly. Luckily, we were still children, and our bodies were quite flexible. Do this at thirty, and you'll immediately run to to the doctor, to treat the back.

What about squats in gym class? No one gives a clear answer about that. You can strengthen it with squats - but you have a huge chance of damaging the meniscus, which happens to many people and it happens.

And I'll say something about push-ups separately. Since I was the best at this exercise, I I did it quite regularly until I was twenty. As a result, I got strong arms and wide shoulders. This result is good for girls with a narrow back and for men. But broad shoulders don't suit me. Why, since they were given to me at birth. And not a single physical education teacher stopped me by saying, "Why would a girl need that?" All they cared about was the quantitative performance of the exercise.

Unfortunately, nothing has changed in the field of physical education since my school years. The same The same exercises are taught in school, college, and you'd be surprised, in professional sports. And No one is going to reconsider this. But the fact is that the needs of a ten-year-old's body differ from the needs of a thirty-year-old. As children, our bodies are quite flexible, ligaments flexible - at a young age, it is necessary that the ligaments do not hinder the growth of bones. Therefore, many Some of us could do the splits as children, and it came easy to us.

But at twenty or thirty years of age, when the growth process has slowed down or has already stopped, our ligaments become rigid, since their function is to protect joints from injury and dislocation. And at this age Overstretched ligaments are no longer necessary. As for muscle mass, it's too much for children Strong muscles aren't necessary yet, as over-developed muscles will hinder bone growth. But for adults, strong muscles are essential. Otherwise, we'll look like bloated jellyfish.

Machine Translated by Google

About aerobics.

Despite all my efforts, I didn't achieve anything from physical education classes at school, so I lived to be twenty years old with an incomprehensible set of exercises, protruding shoulder blades and a huge the desire to change all of this. And that's when the search for the gymnastics of my dreams began.

First, I came across a three-hour aerobics tape from Cindy Crawford. And what are three hours for someone who studies and works at the same time? I think there's a small the number of people who have so much free time, and most importantly, patience. Of course, I Only an hour was enough. This is the maximum time I could devote to gymnastics.

According to Cindy's advice, it should take at least twenty minutes to work out one muscle group. minutes. For a month, I honestly tried to master this aerobics and realized that this path, firstly, was too long for me, and secondly, absolutely useless. Not a single muscle in front of Cindy She trembled. And her good figure was clearly achieved by something else, but not by this gymnastics.

My acquaintance with other various types of aerobics also led to nothing.

I remember one time, when I came to a class in the next aerobics group, I immediately noticed on the instructor's figure. The girl had very powerful hips, it was immediately clear that above these the muscles were worked very intensively. However, this is quite natural, since the exercises were Step aerobics. By doing three sessions daily, my thighs became quite large. But What's surprising is that the girl leading the class didn't have any other visible muscles. Her figure was flabby, and on top of that, she was clearly hindered by seven kilograms of excess weight. Conclusion I asked for it right away: there's nothing to expect from these classes except toned thighs. I'm more into step aerobics. I didn't go. Gradually, I became disillusioned with other variations of aerobics.

And I wasn't the only one who was disappointed. Honestly, I haven't met a single woman who which after doing at least some aerobic exercise showed results. The constant the persistence with which they continue to attend these classes, spending their time and money.

Now look at the problem with all these numerous aerobics? Often the exercise consists of repetitions. Sometimes their number reaches fifty. But why so many? After all, if After the tenth repetition, the muscles are not engaged in work, which means the exercise is not effective. Or Why devote half an hour or an hour to working one muscle group? In that time, you can pump up muscles of the whole body.

But the main disadvantage that unites all types of aerobics (and not only) is the fast movements. At such a fast pace, a person has absolutely no control over the work of his muscles and how The investigation results in injuries. A torn lower back is an invariable attribute of aerobics.

Ultimately, my relationship with aerobics ended very soon. But observations and analysis of mistakes were not in vain - I drew the appropriate conclusions for myself. In order to avoid injury during exercises - movements should be slow, especially since this is the effect of the exercise It turns out much stronger. In one exercise there should be a maximum of fifteen repetitions, if for If the muscles haven't responded in time, the exercise is pointless and should be eliminated. The routine shouldn't be too long, otherwise I won't have the time or patience to master it.

About yoga.

And at that moment, having, albeit not a large and not even positive, but still experience, to I took my further search for the gymnastics of my dreams quite seriously. That's how I met yoga. Over six years of meticulous and deep study of yoga, I mastered hatha yoga (as it is commonly known)

(to call it classical), tantra yoga and ashtanga vinyasa yoga. And now I want to share with you
with their knowledge acquired over the years of study.

Did you know that the origins of today's yoga were just rituals?
magical poses that ancient people took, for example, to call for rain? This is historical
Fact. Incidentally, yoga came to Europe quite recently, in the late nineteenth and early twentieth centuries. No historian
can say how long it took for yoga to be refined before it reached us. Now you see
a completely different yoga that has passed through the filters of time and has been transformed from magical
destiny in some ritual cult. Personally, I don't

need either a cult or a foreign religion. And if we throw all that away, all that's left is
physical exercises—asanas. And what is the concept of yoga itself? Yoga is unity, harmony.
soul and body. The goal of yoga is enlightenment, the feeling of finding happiness. This is written in ancient
scriptures. And in connection with the above, many consider yoga to be something unique.

Regarding the uniqueness of yoga, it is worth thinking about... From several hundred asanas, you can select not
more than twenty to thirty truly useful and effective poses. Only 10-20% are useful
exercises - is that unique?!

Most asanas are useless at best. At worst, they can cause serious harm.
health. It's no secret that many asanas lead to irreparable injuries, such as
damage to intervertebral discs or meniscus tears.

I know firsthand about the traumatic nature of certain asanas. I have worked with some of the injured
I know them personally. Despite the fact that many of them practiced yoga in India with famous gurus - and such
a disastrous result.

To be fair, it must be said that many authors of yoga textbooks write what should not be done
particularly challenging asanas, like the headstand, without any special preparation. And you need to work towards that.
many years! So tell me, why do we need this stand at all if it threatens at best
cervical vertebrae misalignment?

Someone might tell me that this asana improves cerebral circulation. But excuse me, it can be
Lose it altogether! It's much easier to bend forward, hanging your head down for a short while. That's it! And
No injuries! In

general, there are many particularly difficult and traumatic asanas in yoga. And mastering them will require
years of hard training. No one thought about why they were needed if the chance to get
does the serious injury still remain?

"The more difficult the asanas, the less beneficial they are – in every sense!" Sri Awanish Acharya, yogi from Khorwar, India

Here, for example, is the Padmasana lotus pose. People who are completely unfamiliar with yoga, for whom
Yoga is just a tribute to fashion, they consider the lotus position a kind of fetish, an invariable attribute of yoga. And
It's unclear why the average European tries so hard to get into this pose. He probably has it somewhere
Do you have extra menisci and a large sum of money for the operation?

Indian yogis meditate in this pose, it is connected with their religion. And what does it have to do with
Is that same European of the Indian religion? And if you really want to meditate, sit on a chair, close your eyes for a
moment, and think about something pleasant, or, as yogis urge: don't think
about nothing. Otherwise, after spending hours meditating, you might clear your mind, but life will pass
past.

There are simple life principles by which one should live, and they have nothing to do with yoga.
No relation whatsoever. Don't try to find the meaning of life in yoga—it's not there!

"Yoga helps a person find health and inner harmony, but not the meaning of life – there should be no illusions about this." V.S. Boyko, "Yoga. The Art of Communication."

Machine Translated by Google

And there are so many myths about yoga. For example, a very common myth is that everyone who Anyone who practices yoga should definitely become a vegetarian. However, if you are even slightly If you delve into the knowledge of yoga, you will find statements such as these, citing ancient sources:

"...Vegetables should not be overused." ***Pattabhi Jois, a representative of Ashtanga Vinyasa Yoga***

As it is said in the Ayurvedic pramana: “Vegetables increase diseases.”

"Eating only vegetables is not advisable for a person practicing yoga." V.S. Boyko, "Yoga. The Art of Communication"

But the biggest misconception is that yoga is endless stretching. Many of my Friends who were practicing yoga at the same time as me imagined yoga as a complex stretch marks. And all this thanks to "teachers" who are completely ignorant of yoga.

"Yoga is not about flexibility, it's about something more." Sri Awanish Acharya, a yogi from Khorwar, India

“The development of extreme flexibility was not the goal of yoga, because if a naturally hypermobile subject (and there are quite a few of them) concentrates on developing this property, he will be able to achieve phenomenal level of complexity. But yoga is something else." V.S. Boyko

"...for some yoga enthusiasts, the development of flexibility has become self-sufficient and has degenerated into acrobatics." V.S. Boyko, "Yoga. The Art of Communication"

Remember, in the chapter on physical education, I wrote that ligaments protect joints from injury. And That's why they should be stretched moderately, but not excessively. Please note this fact. and remember it. And when you meet a hypermobile person who folds up with ease in half or sits in the lotus position, do not envy him, because his joints are not protected.

I remember how during one of the classes, when I was standing bent over, the teacher came up to me and He pressed on my back so hard that I screamed in pain! My leg ligaments were already strained when I bent over. stretched to the limit, and the teacher who wanted to "help" me provoked their stretching and tearing! This The lesson continued for a long time to cause severe pain in my legs.

“As experts note, in most cases yoga is safer than other systems, but many they misunderstand it, turning it into a competition, and the lack of preliminary training and lack of necessary knowledge leads to injuries. The situation is aggravated by the lack of standardization in training of instructors…” Mednovosti, 01/09/2003

Should I add anything to this? There are a lot of amateurs among the so-called "teachers." And yet, I've attended classes with several renowned hatha yoga and tantra yoga gurus. But over the years, I never found my true teacher in my yoga studies. Ultimately, almost all the knowledge I had to get it from books.

I would like to point out that in yoga, if you decide to do it, as in any other In gymnastics, everything must be done very consistently. You shouldn't and can't rush into something your body isn't ready to do yet. From the many asanas, you need to find your own complex. And as you master it, you can adjust it.

Another myth about yoga: It is believed that all people who have been practicing yoga for many years look young. I can assure you that this is a gross exaggeration. Although any healthy and fit person,

no matter what kind of sport or gymnastics he does, he will look younger than his age
years.

But not as some sources describe - as if at eighty years old a certain guru looked like
thirty. This is either a fairy tale or an absolute exception, but not the rule. And, by the way, based on my
From personal observations, I can say that very few yogis look better than their peers, not
practicing yoga.

There are many people among us who aren't even familiar with yoga, but who look much younger than their years—young not in age, but in their state of mind. Notice what they have in common—their a thirst for life; they are all doing what they love and, most importantly, all these people know how to have fun life. As soon as a person loses the joy of life, he begins to age.

And another myth: they say that thanks to yoga, people live for over a hundred years. In reality,
There are very few such cases. And I wouldn't attribute this merit to yoga. And who really is
Do people often live long? These are ordinary villagers who have never heard of yoga. Incidentally, my great-grandparents were like that. Note that people in big cities live long.
only happy people.

Finally, I would like to talk about the notorious enlightenment.

"Today, spirituality fanatics strive for enlightenment, ignoring the state of the body..." V.S. Boyko, "Yoga. The Art of Communication"

Many authors in books on yoga write that if a person practices yoga for a long time and purposefully, their consciousness will inevitably reach enlightenment. But the fact is that any such form
Health activities, whether it be qigong or wushu, provided you practice them seriously, will definitely clear your mind, and you will also achieve enlightenment.

On my path I have not met a single **truly** enlightened yogi (despite the fact that
I have met enlightened or bright people in my life - including among those who have never
(I practiced yoga). All these "teachers", gurus, yogis, call them what you want, continue to live their
mental shortcomings, vices and weaknesses. And for many of them, more than thirty years
Yoga classes did not provide either enlightenment or spiritual harmony. Perhaps with people who still
reached this state, someone else is familiar... But it is strange that in such a huge (and this is, no more, no less than two thousand years) history of the existence of yoga, their number is so insignificant that it is quite
a reasonable question naturally arises: what is the meaning (goal) of yoga then, if enlightenment
Only a few achieve youth? Only a few achieve longevity?

It's all quite trivial. Treat yoga as ancient and "a little" outdated.
gymnastics, stop looking for hidden meaning and secret knowledge in it, and then everything will fall into place. In
conclusion, I want to say that even the most ardent yoga enthusiasts, after practicing more
thirty years old, in their works they write that they have not yet reached that perfect state which
expected from yoga. Apparently they weren't zealous enough, and I need to continue practicing. But for me
and for any sane person the question arises: what else can one expect? How much does a person need?
spend years of your life to understand that yoga is a long process of marking time in one place?

Accept it, accept it, and move on. Move forward. Yes, yoga is wonderful if you live.
in the last century. From yoga we need to take the best that our ancestors have developed for us, from many
you need to refuse, add something, change something and only then use it. Without spending
extra time waiting for the result. That's exactly what I did.

About the gymnastics of my dreams.

I've been practicing yoga for over six years, and during that time I've gained wonderful experience. And experience, like known is the criterion of truth. I learned and understood a lot about physical health, and this helped me

Machine Translated by Google

yoga. And this is true, because until recently there was nothing better than classical yoga. And only
Only recently have alternative versions of yoga begun to appear.

This is exactly the version of yoga I offer you. Improved, perfected, and most of all,
In my opinion, the important thing is to develop it together with a doctor!

I still wouldn't dare call the gymnastics proposed in this book yoga. The title itself
Let "yoga" remain assigned to the ancestors, so that there is no confusion or misinterpretations. And I
I offer you static-dynamic strength training. This name perfectly reflects the essence.

So, we've come to the most important part—the gymnastics of my dreams. The development of this complex
I am with the rheumatologist Pavel Valerievich Evdokimenko, who is also my husband
We started working on it at the same time. And very soon we combined our efforts. At that time, my husband was writing a book.
about back and joint pain, and gymnastics was necessary to treat such patients. And in my
First of all, we needed gymnastics for the whole body. And here our interests coincided. In such a
This gymnastics was born from a wonderful tandem of experience and

knowledge. Remember, at the very beginning I wrote about the requirements I had for gymnastics? All of them
were embodied. With the help of this gymnastics, one can really preserve youth, gain
health, strengthen all the muscles of the body, correct posture. **And the first changes will begin**
be felt after the first lesson.

The exercises were designed taking into account that they would be performed by people without any
physical fitness. All that's required of you is the desire to always be healthy!

I want you to benefit from my experience. Especially since I still practice this gymnastics to this day.
I've been practicing myself and teaching gymnastics to others for twelve years now. And I'm very happy with the results.
his students.

And you can see my personal results for yourself from the photographs in the book. I don't have any now.
I have no complaints about my appearance or my physical fitness. At thirty, thanks to
I felt much more confident in gymnastics than I did at twenty, and I remain that way to this day.
day. I finally got rid of the wings on my back (only birds need them, and I'm not a bird, and neither are you
also) – I have excellent posture, the shape of my legs has been corrected, but I consider this to be a pleasant thing
side effects, because I didn't have to do anything special for this. And now I'm quite
I'm happy. And I wish you happiness with all my heart. And for that, you just need to work a little bit on
by yourself.

So why are there so many people among us who don't want to change anything in their lives and don't want to change ourselves? And if you think about it, why are we given life? In my opinion, the answer is very simple. Life is given to us to improve, to develop, to become better and to enjoy it! But
It turns out that people who don't work on themselves and don't develop themselves live their lives in vain?

But you, my new student, are not one of them. You are one of those who want to make themselves and the world at least a little bit better.
better. And here we are together. Let's make this world one more person more beautiful – after all,
It will be you! Welcome to a new world: a world of health, beauty, and a great mood.

And no more excuses, since you don't need a gym, you only need a minimum of space
(only 2-3 square meters), you don't need a branded tracksuit, and your personal instructor
fits in your hand. And you'll also need a mat, which is sold at any sports store.
store - where you will improve your body.

Become an artist and sculptor. Create the figure and health you've always dreamed of!

Machine Translated by Google

CHAPTER 2. ABOUT THE BENEFITS OF GYMNASTICS

A person who doesn't exercise is clumsy. And this lethargy follows them throughout their life. But this does not apply to you, since you have already made your choice in favor of a healthy lifestyle.

Remember that each activity, in addition to its health benefits, provides a strong emotional charge. Day by day, you will feel an increasing surge of energy. And you will become addicted. from feeling good. When you miss classes for any reason, you are very acutely You will feel the difference in your physical condition. Your body will literally demand it. physical activity.

Climbing up the stairs will no longer be a problem for you. Twenty, thirty, forty, with Each time it will be easier for you to overcome a new number of steps.

What else can you expect from gymnastics? You'll no longer complain of lower back pain. from sitting for long periods of time behind the wheel or in the office. Going to the store and lifting bags afterwards is more won't affect your back in any way. Your skin will tighten, your stomach will tighten. Your body will become firm. It will literally regain youth. Many people get a body like that from our gymnastics They weren't there in my youth. The body takes on perfect form.

Many people attribute weight problems to a slow metabolism. And again, we come back to that the lack of muscle mass is to blame. And until you start exercising, the situation will only get worse. For those who avoid strength training for fear that their muscles will add Excess weight and volume, I'll let you in on a little secret. Indeed, at first you won't immediately feel the loss. in weight, but in volume you will decrease, your muscles will begin to tighten, the body will no longer blur. It will take on a clearer shape. And you will feel much lighter. So, I strongly advise against weighing yourself after every workout, but you can measure your volume occasionally (but not often).

Dear women! Remember this once and for all! Cellulite is not something you ate after six. pm! And you'll never get rid of it by dieting. Please note that cellulite exists. and in thin women. Only active, mobile people do not suffer from it, because Cellulite is a sign of undeveloped and under-toned muscles! And if you notice it on your thighs If you have the "orange peel" effect, you can get rid of it with the help of gymnastics. By the way, it's good Massage will also get rid of cellulite. But neither massage nor any other cosmetic procedures will not give you such a boost of vital energy, but will not give your body the lightness and flexibility that this gymnastics will.

Dear men! Behind the apparent simplicity of these exercises lie serious physical activity.

Let me give you an example from my practice. At one time, I was teaching classes at a fitness club. The classes were held behind glass doors, and anyone could see them. My room was next to gym, and other instructors could freely observe the classes. On the other side everything looked simple and easy through the glass. And that's probably why the athletics instructors treated my training with skepticism. But many of the club's employees attended my classes, including director. This fact once influenced one of the athletic trainers, and he decided to try my "simple and easy" exercises.

Thanks to steroids and various supplements in combination with training loads, this The man's muscles were of incredible size, it seemed that the skin would burst from the bursting muscles. The most The first exercise he started with was to press his back against the wall with his legs stretched upwards with your hands and stand like that for one minute.

Needless to say, “throwing your hands up” turned out to be absolutely impossible for this man. feasible. His arms couldn't straighten at the elbows because the ligaments were inflexible and the muscles heavily constrained. He raised his arms as much as he could, but to press himself against the wall and stand for a minute is

Machine Translated by Google

It was beyond his strength. He raised his arms, then lowered them. This mountain of muscles suffered like this for about twenty seconds,
He developed severe shortness of breath and stopped doing the exercise. He tried a few more exercises,
but still couldn't complete any of them.
the muscles were not able to support their weight in static tension. After all, it is much heavier than
jerking the projectile upward. About fifteen minutes later, confused, he literally ran out of the hall. And that was it.
Because no exercise machine can pump up muscles from the inside. After this incident, my workouts
All the instructors from the gym visited. These guys felt the real load and
forever changed the attitude towards this gymnastics.

Many people wonder why men and women look so different despite the same physical activity or none at all. It's more common in men, even if they haven't subjected themselves to
physical activity, the body looks more toned and elastic compared to women. The point is
the fact that men have more testosterone, so their muscles are stronger, but at the same time they are less flexible.
Women have less testosterone, so their muscles are weaker, but their ligaments, on the contrary, are more flexible.

The gymnastics offered to your attention will harmoniously tighten your muscles and at the same time
will make the body of any person more flexible - both men and women. Your figure will
This will make things much better. And that's great – after all, we always want to look our best. And no clothes, even the most expensive ones, will hide the flaws of our figure; they will only temporarily camouflage our imperfections. And only gymnastics will help you get rid of your external imperfections forever.

I'm often asked how long one should do gymnastics? For me personally, this
The question seems strange. Study for exactly as many days, weeks, or years as you want to stay.
young and healthy.

WHAT YOU NEED FOR CLASSES: CLOTHES AND A RUG

Since the exercises are performed on the floor, you will need any floor covering,
which will be comfortable to exercise on: be it a carpet, a blanket or a gym mat.

Personally, I prefer a gym mat. Firstly, it's hygienic. And secondly, when you
If you don't use it, it doesn't take up extra space in your home. Of course, you can do it on
blanket. But already at the first lesson, everyone starts complaining that it’s too hot to practice on a blanket,
during the lesson it gets crumpled, it has to be constantly adjusted and, thus, it is distracting
from exercising and interferes with concentration. Ultimately, everyone buys exercise mats.
(These mats can be purchased at any sporting goods store and are usually labeled as
"gymnastics mat" or "yoga mat"). For gymnastics, choose
comfortable, breathable clothing that allows for movement. When you start exercising,
you'll probably sweat a little, and the new synthetic fabrics that modern sportswear is made of
clothes, this is just what you need. Cotton clothes quickly absorb moisture and take a long time to dry, so it's uncomfortable to exercise in them and easy to catch a cold, while new generation fabrics
They simply evaporate moisture from your body, leaving it warm and toasty.

You won't need any shoes to perform the exercises; you'll be barefoot. You can wear socks if you wish, but you'll need to remove them for some exercises.
In these exercises you will have to stand firmly on your feet, and in your socks your feet will slide along the surfaces. So be careful.

Machine Translated by Google

CHAPTER 3. SPECIFICITY OF EXERCISES

Since you are a reasonable person, you understand that in order to be healthy, it is not enough just pump up muscles and build muscle volume. For overall tone, it is necessary to consistently to work the muscles of the entire body. And I offer you exercises that I have tested and proven years.

The complex offered to you contains all the necessary exercises for development almost all muscle groups. I also took into account the positive experience of yoga classes and included it in my a set of exercises for working on internal organs (the so-called "twists"). All The complex consists of two parts: 18 basic exercises and 8 additional exercises.

The basic complex is a mandatory set of exercises that should be to be performed completely, without interruption, in the specified sequence. Exceptions may be only contraindications. Since each

person is physically developed differently, the exercises from the additional At first, you'll select the complex individually as you master it. But personally, I recommend that

once you've mastered the basic complex, familiarize yourself with all of them. exercises from the supplementary section. Even if you don't have time to do all the exercises at once, add one or two at a time, and you'll be unable to give them up.

Do exercises not for the sake of numbers, but to pump up a particular group muscles to make them more beautiful and perfect. If you're not in the mood today Complete the entire program, stop at the "basic" one, but complete it fully. Remember, you're doing this for yourself.

Almost every exercise has a complex effect. For example, when you lie down lying on your stomach, lift your straight legs up - firstly, you work the back of your legs, secondly, secondly, you put a load on the lower back, i.e. you pump up the back muscles, and thirdly, you put pressure on the abdominal wall, abdominal muscles, i.e. the press. Etc. Pay

attention to one more fact - it is possible that while doing the exercise you will have strain muscles completely different from those described in the exercise. For example, in the abdominal exercise I often tense my neck muscles, not my stomach muscles. Don't let this scare you, it's just that today The abdominal muscles turned out to be weaker than the neck muscles. And the neck had to take on additional The responsibilities are to hold the body up and pull it forward. It's a paradox, but it's true.

For a person who is not physically fit, doing the exercises will be quite It's difficult. And that's why I strongly recommend turning off your phone during class, if possible. Also, for starters, refrain from listening to music and learn to listen to your body. Set a goal for yourself a watch with a second hand (preferably one that you can hear and count the seconds by ticking of the arrow), since in the first days of classes the temptation is to reduce the time spent in an uncomfortable or a heavy pose will be great.

About the duration of the

classes. On average, the entire complex takes a maximum of an hour. For an unprepared person, the basic The complex will take about forty minutes. This amount of time can always be found. Especially since You need to exercise either every other day or three times a week.

My advice: until you learn to control time, set a clock with a second arrow, and keep track of the time during exercises on the clock. Do not do gymnastics just before bed, because you don't know how your nervous system will react. Some people After classes they fall asleep safely, regardless of the time of day, while others, on the contrary, are excited. Over time, this state evens out, and activities stop having such an effect. impact.

Machine Translated by Google

About meal times. If you have an
overwhelming desire to do gymnastics and an equally overwhelming desire
If you have a desire to eat and don't know what to choose, you have two options to choose from:
Option 1 - eat something light, like yogurt or drink a glass of kefir, and you can
Feel free to begin your gymnastics classes. You can have a hearty meal immediately after your gymnastics classes;
Option 2: You can indulge in a hearty lunch, but before you begin
gymnastics, you will have to wait 1.5-2 hours.

About statics and dynamics.
Almost every strength exercise is performed in static and dynamic variations. When performing an exercise in a static variation, you first hold one time at a certain position.
positions for 30 seconds, then return to the starting position and continue the dynamic
variation of this exercise (if there is one), moving smoothly forward and backward, or up and down.
At the same time, I would like to draw your attention to the fact that the dynamics are quite slow. Each rise should
It should take you at least three to four seconds, and at the highest point you must definitely hold for
a couple of seconds. During this time, try to understand where and which muscles are tense, maybe you need to do something... then adjust.
Just as slowly return to the starting position, and immediately completely relax on
one or two seconds. Don't keep your muscles tense the entire time. In
this dynamic version, the exercise is repeated six times (but no less, and then only in
(first days) up to fifteen times. If you don't have the strength to do any exercise as described, slowly and smoothly, never try to do it suddenly, otherwise you will get severe muscle
You'll get a spasm and, as a result, won't be able to do anything at
all. But even if you're struggling with the exercise, don't give up or quit. The time will come when your muscles will remember their existence and start working. Try to visualize this process, and those muscles that have been inactive until now will gradually start working. Close your eyes and every time you're having trouble, imagine the desired muscle contracting and tensing, and you'll succeed. As the saying goes:

through thorns to the stars.

On the benefits of stretching. If
you are not hypermobile, do not exclude stretching exercises from your routine.
their complex. It's just that their number may vary for some people.
Strength training should always be followed by stretching exercises. Strength training
contract the muscles, shortening them. Stretching restores flexibility to the muscles, relaxes and
relieve muscle tension.
If anyone has ever visited a gym, you've definitely noticed the trainers. Almost all of them have stiff elbows and knees, and their movements are very awkward. And everyone
because they are very keen on increasing volume, but they don't want to stretch, they think that
Stretching is a waste of time.
But in reality, stretching can be quite painful for men and some women (those with tight ligaments). Patience is key here—don't rush things, stretch gradually. Continue moving only when your muscles are relaxed and you

you feel like you still have room to stretch. And you can do it. You don't want to go to
with your legs half-bent?!
Stretch very consistently. If you are not a very flexible person by nature, do not
When bending, try to immediately touch your toes with your hands. Keep in mind that all bends are performed with with straight legs. Don't rush to bend your body toward your knees. Lean forward gradually.
sprains. Avoid sharp pain.

Machine Translated by Google

About breathing.

Please note that all strength exercises are performed on an inhale. During the exercise
Try not to hold your breath. Just remember and follow this rule. Very soon you will
you will stop paying attention to it.

Uddiyana bandha is the only exercise that is done on the exhale and on the hold.
breathing.

Twists. Twists
are unique poses taken from yoga that can work with the internal organs.
Exercises that help people recover from certain liver diseases, and more. Exercises you can't do without.

List of dangerous/risky asanas:

1st place: all variations of the Plow pose.
For example, Halasana (Simple Plow Pose), Stambhanasana, Druta Halasana (Dynamic Plow Pose), Ardha Padma Halasana (Half Lotus Plow Pose).
These (and any similar) asanas often lead to a "tear" of the back muscles and are fraught with serious injuries to the intervertebral discs - in particular, they can provoke a disc rupture and the appearance of a disc herniation in the lumbar spine.

2nd place: any variety of headstands.
For example, Kapalyasana (headstand with support on the forehead), Salamba-sirsasana (headstand with support), Niralamba-sirsasana (headstand without support), Urdhva-padmasana (headstand with legs in the lotus position), Sirsa-padasana and Grivasana (stands with the body held in the air, supported by the head and feet).

They are dangerous due to displacement of the cervical vertebrae and often provoke strokes and other cerebrovascular accidents.

3rd place: asanas that provoke listhesis - a ladder-like displacement of the lumbar vertebrae (not amenable to treatment!).

These include: Bow pose, Purna Bhujangasana (Full Cobra pose), Purna Dhanurasana (Full Bow pose), Purna Shalabhasana (Full Locust pose), and variations
these asanas.

4th place: Lotus position - threatens torn meniscus!
Unfortunately, many so-called “yoga teachers”, knowing (or perhaps not knowing) about the dangerous consequences of some asanas, stubbornly give them to ignorant students!

Meanwhile, yoga has enough simple and useful asanas to make it possible to do without circus-like balancing acts.

Machine Translated by Google

CONTRAINDICATIONS TO GYMNASTICS

Strengthening exercises are contraindicated in any acute illness.
internal organs (for example, during exacerbation of pancreatitis or cholecystitis, appendicitis, etc.),
in case of inguinal hernias, with significantly increased arterial and intracranial pressure, with
severe heart disease and severe blood diseases. They also
should not be performed immediately after abdominal or chest surgery.
(you need to wait 2-3 months), as well as with colds and flu, especially if you have a fever. Women should
also skip classes during their period. And, of course, you should
not do strength-strengthening exercises during an exacerbation of any
illness without first relieving acute pain. This is especially true for acute pain in the neck or
lower back (back). And also in those cases when pain from the neck or lower back along the nerve root
shooting pain into the arm or leg, since performing strength exercises for radicular pain is often
leads to further irritation of the pinched nerve, to increased swelling and inflammation in the sheath
nerve trunk.

Therefore, before you start doing strength training, you need to eliminate the exacerbation
illness and relieve pain. Only then, having eliminated the exacerbation of the disease, can you gradually begin to do
strength training, but not in full. And only after making sure that the body does not react to
strengthening gymnastics with aggravation and intensification of pain sensations, you can perform
strength exercises are already in full swing.

Unlike strength exercises, stretching exercises can be done even with pain in
back, during periods of exacerbation of the disease. Moreover, with back pain they sometimes help reduce
painful sensations!

But stretching exercises also have their contraindications.

Stretching exercises are contraindicated in cases of obvious joint laxity and
spine (hypermobility syndrome) and abdominal hernias. They also cannot be done in
elevated temperature (for example, with colds and flu) and women during critical days

Machine Translated by Google

CHAPTER 4. DESCRIPTION OF EXERCISES

Please read the exercise descriptions very carefully. When you start working on them, exercises, reread the exercise description several times. It's better to spend a little time at first more time than correcting mistakes later. And especially inattentive people make mistakes often. A person sees what seems to be a familiar exercise, completely ignoring the nuances, and In reality, this exercise has a completely different purpose.

When you do sit-ups while lying on your stomach, try not to help yourself. Use your stomach to support your upper body. Don't stick it out. Keep your core up with your muscles. backs.

In all exercises, when you work with one part of the body, the other should be relaxed, i.e. if you lift the body, then the legs and hips should be relaxed and lying on the floor. And if you When you lift your legs, your body, shoulders and arms lie relaxed on the floor.

At the moment when you have already started doing the exercise, be sure to feel how your muscles tense. You shouldn't just lift a certain part of your body; you should feel which muscles are engaged and which muscles are holding your body in a particular position. In the exercise description, this is highlighted by the line "What is

tense." The exercise description also specifies "What to tense," i.e., in addition to what is happening natural muscle tension, you should specifically tense the muscles that are indicated separately. The tension should be as if you were overcoming resistance. Maintain the same level of tension for the entire specified time.

All exercises, except Uddiyana Bandha, are performed on inhalation.

Machine Translated by Google

Basic complex

Exercise 1

Benefits - *This exercise gives you a great energy boost. Very quickly.*
pumps blood along the spine. Corrects posture. This is especially true
Those with a rounded back and forward-facing shoulders. **What**
to tense: Shoulders, interscapular muscles, back muscles.

Execution technique

Starting position: Stand with your back to the wall, roll your shoulders back and
try to stretch your spine upwards as if you wanted to grow taller
a few centimeters. The feet are together, parallel to each other, and
pressed firmly to the floor, heels touching the wall. Keep your back straight, do not arch it
lower back and do not push your stomach forward. Press the back of your head, shoulder blades, and buttocks to
wall. Stretch your arms up and press your elbows, wrists and
the backs of your palms to the wall.

Performing the exercise. Hold this position for one second.
minute. Make sure to keep your back and arms pressed against the wall at all times. After
After one minute, slowly lower your arms and relax.

Interesting fact - Just half an hour of physical activity a day will help
cope with depression, according to doctors from Southern Methodist University
in Dallas, Texas.

Researchers have found that exercise reduces hormone levels.
stress in the blood, help to cope with anger and nervous tension, and also
enhance the feeling of physical satisfaction. The study's
author, psychology professor Jasper Smits, told
at the annual meeting of the Anxiety Disorders Association of America in Baltimore: “People who exercised showed fewer
symptoms of anxiety and depression, and
"Also lower levels of stress and anger. Exercise acts as an antidepressant."

It turned out that regular moderate exercise helped to significantly alleviate
condition, the "fears and associated physical symptoms, such as palpitations and
"rapid breathing."

“After 25 minutes of doing gymnastics, your mood will improve and you will become
less prone to stress. You will have more energy - and you will be interested in what you do.
"I'll do sports tomorrow too," explains Smits. "The bad mood won't be there anymore."
an obstacle to an active life - precisely because you are engaged in physical activity
exercises."

Machine Translated by Google

Exercise 2

Benefits: *Corrects posture, opens shoulders. Strengthens back muscles.* **Targets:** Shoulders, interscapular muscles.

Execution technique

Starting position: Lie on the floor, on your stomach. Place your arms alongside your body. Palms down. Move your arms a little further away from your body. Keep your legs relaxed.

Exercise 1. Static. Without supporting yourself with your hands and keeping your palms on the floor, slowly bend your torso upward. Roll your shoulders back and try to bring your shoulder blades together.

Important! Don't tilt your head back; keep it parallel to the floor. Feel the tension in the muscles between your shoulder blades. Try to maintain it. Hold this pose and maintain the achieved body position with your back muscles for Hold for 20-30 seconds. Then slowly lower yourself back to the starting position and relax.

2. Dynamics. After a short rest (no more than 30 seconds), perform this exercise in dynamic version: slowly bend your body upwards (lifting is done without jerking, smoothly, in for 4-5 seconds - while lifting, slowly count to four or five). Arching upward, bring your shoulder blades together. Be sure to feel how the muscles between the shoulder blades tense. Do not tilt your head back tilt it back, keeping it parallel to the floor. Hold at the highest point for 2 seconds, then Slowly lower yourself back to the starting position and relax for 1-2 seconds. Repeat this up and down movement 10-15 more times. Move very slowly and smoothly.

Important: bend upwards as you inhale, lower yourself as you exhale!

Machine Translated by Google

Exercise 3

Benefits: *The buttocks are toned. The back of the legs are strengthened. The legs gain Beautiful shape. Strengthens the lower back muscles.* **What's tense:**

Glutes. The entire back of the legs.

Execution technique

Starting position: Lie on the floor, on your stomach. Place your arms along your body, legs brought together.

Execution of the exercise. 1.

Statics. Slowly raise your straight legs up as far as you can. without "straining" - about 20-40 centimeters from the floor. Don't raise your legs too high, otherwise the strain on your lower back will be too great, and this may cause painful spasms in the lumbar muscles. Stop the moment you feel severe tension in the gluteal muscles.

Important: do not lift your shoulders and stomach off the floor while performing the exercise.

Hold the position for 30 seconds. Squeeze your glutes hard. Try keep your legs together, don't spread them apart.

After 30 seconds, slowly lower your legs and relax completely.

2. Dynamics. After a short rest (20-30 seconds), perform the exercise in a dynamic manner. option: slowly lift your straight legs up (lift smoothly, without jerking, for 4-5 seconds). Raise your legs, tense your gluteal muscles and hold this tension for 2 seconds. Then slowly lower your legs and relax for 1-2 seconds. Repeat this movement with your legs up and down another 10-15 times.

Move very slowly and smoothly.

Important: Raise your legs as you inhale and lower them as you exhale. While performing the exercise, keep your legs together, not apart.

Machine Translated by Google

Exercise 4

Benefits. *This exercise strengthens your back. It corrects your posture. You'll finally get rid of "wings".*

What's tense: Interscapular muscles.

Execution technique

Starting position: Lie on the floor on your stomach. Bend your elbows and press elbows to the sides. At the same time, the hands themselves lie on the floor. Place your palms on the floor so that the protruding the thumbs touched the shoulders.

Execution of the exercise. 1.

Statics. Slowly bend, lifting the upper part of the body up and at the same time Squeezing your shoulder blades together, keeping your lower abdomen pressed to the floor and your elbows tucked into your sides. Raise your arms along with your body. Be sure not to tilt your head back. back - work only with the interscapular muscles. Hold at the top point for 20-30 seconds.

Then slowly lower yourself back to the starting position and relax.

2. Dynamics. After a short rest, perform this exercise in a dynamic version: while inhaling, slowly bend your body upwards (the lift is performed without jerking, smoothly, for 4 seconds - during While lifting, slowly count to four or five). Arching upward, turn your shoulders back (keep your elbows close to your sides). Be sure to feel the tension in your interscapular muscles. muscles.

Hold this position for 2 seconds. Then, as you exhale, slowly lower yourself back to the starting position. position, and relax the muscles of your arms and back for 1-2 seconds.

Repeat this up and down movement another 10-12 times. Move very slowly and smoothly.

Important: watch the position of your head - while performing the exercise, your head should be rise together with the body, no need to throw it back.

Machine Translated by Google

Exercise 5

Benefits: *This exercise strengthens the back muscles. It opens the shoulders. It tones the back muscles. sculpted, and a beautiful, youthful back.*

What's tense: Shoulders, interscapular muscles.

Execution technique

Starting position. Lie on the floor, on your stomach. Bend your arms at the elbows,
spread your arms to the sides, place your fingers on your temples (don't press them too hard on your temples, but just lean it lightly).

Execution of the exercise.

1. Static. Slowly bend your torso upward. Pull your elbows up as well, try to bring them together.
shoulder blades. Don't tilt your head back, keep it parallel to the floor or even look
Slightly downwards. Don't strain your neck. Make sure your fingers remain touching your temples. Feel the tension in the muscles between your shoulder blades.

Hold the position at the top for about 20-30 seconds. Then slowly lower yourself back down.
starting position and relax.

2. Dynamic. After a short rest, perform this exercise in a dynamic version:
Slowly arch your torso upward (do this lift smoothly, without jerking, for 4-5 seconds). Once you've arched as far as you can, pull your elbows up, keeping your shoulder blades together. Feel the tension in the muscles between your shoulder blades.

Important! When performing the exercise, do not tilt your head back, keep it parallel half.

Hold at the top for 2 seconds, then slowly lower back to the starting position.
position and relax for 1-2 seconds. Repeat

this up and down movement another 10-15 times. Move very slowly and

smoothly.

Important: bend upwards as you inhale, lower yourself as you exhale!

Machine Translated by Google

Exercise 6

Benefits: *You probably know that the gluteal muscles are the most thankless of all body. Few people's buttocks look toned and firm. This happens because the gluteal muscles in most of us are most often located in in a relaxed state, we do not know how to strengthen them, and regular walking for 10-15 minutes not enough to really tighten them up. But this exercise will bring your glutes out of their eternal dormancy. You'll finally start to feel the expression "firm buttocks" on yourself. Plus, this exercise will strengthen your hips and lower back. Finally, it will rid you of cellulite.*

Advice: This exercise is offered in two variations: different leg positions in the 1st and The 2nd option allows you to vary the load on different thigh muscles. As a result, you can choose a more suitable exercise option for you.

Or you can do the exercises in turn: then on one day you do the 1st option exercises, and the next day, accordingly, you do its 2nd version.

What to tense during the exercise. Tighten your gluteal muscles strongly, squeeze them with all my strength.

Execution technique

1.Starting position.

Option 1:

Performed on the floor, lying on your stomach. Place your arms along your body, bend your knees under at a right angle and spread them apart to about shoulder width. Keep your feet flat to each other.

Option 2:

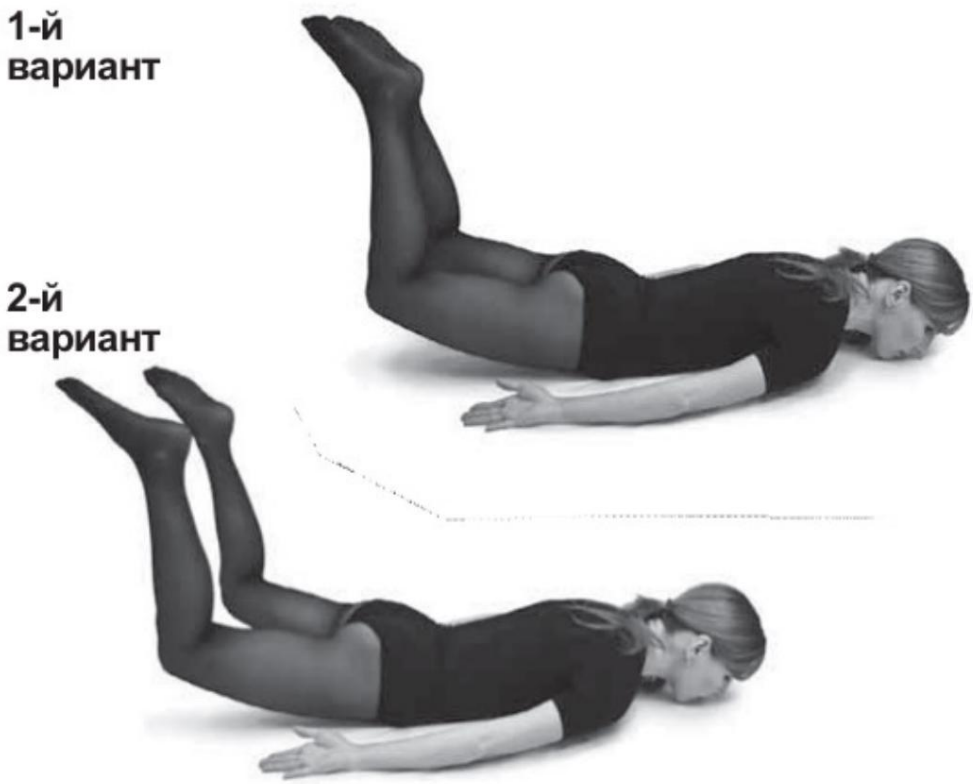
Performed on the floor, lying on your stomach. Place your arms along your body, bend your knees under at a right angle and spread them apart very wide, wider than in the first option. The feet do not lean against each other.

Machine Translated by Google

Execution of the exercise. 1.

Statics. Without supporting yourself with your hands, lift your bent legs up as far as you can
you can do this without “tearing” - about 20-40 centimeters from the floor (but don’t try
(Don't lift them too high to avoid straining your lower back). Hold your legs in
this position for about 30 seconds. During this time, do not
Relax your gluteal and thigh muscles, keep them tense.

After 30 seconds, slowly lower your legs and relax completely for a few seconds.



Important: When performing the exercise, make sure that the angle and position do not change.
bent legs - the legs should remain bent at the knees at a right angle, and the knees should still be spread apart - they should not move closer to each other than
in the starting position.

2. Dynamics. After a short rest (20-30 seconds), perform this exercise in
dynamic version: slowly lift your bent legs up (lift smoothly, without
jerks, for 4-5 seconds). Raise your legs, tighten your gluteal muscles and hold this position
position for 2 seconds. Then slowly lower your legs and completely relax your gluteal muscles and
thigh muscles for 1-2 seconds. Repeat
this up and down movement another 10-15 times. Move very slowly and
smoothly.

Important: Raise your legs as you inhale, and lower them as you exhale. As with the static version, be sure to maintain the same angle and position of your bent legs—your legs should remain straight.
bent at the knees at a right angle, and the knees should still be spread apart.

Benefits of exercise for diabetes: normalizing blood sugar levels.

Machine Translated by Google

When your muscles are actively working during exercise, they use sugar (i.e. glucose) for energy. In order to meet energy needs, sugar is extracted from the blood not only during exercise, but also for some time after gymnastic exercise. In

addition, physical exercise lowers blood sugar levels due to the fact that increase the sensitivity of cells to insulin. In this situation, the body requires less insulin to transport glucose from the blood into cells.

Ultimately, regular exercise helps reduce the need for blood sugar-lowering medications. Some patients even manage to keep diabetes under control. control without resorting to insulin at all - through diet and exercise alone loads. But

there are situations when engaging in "intense" sports (such as fast running, athletic weight lifting, etc.) have the opposite effect. This is usually happens when you put too much stress on your body when your blood sugar is very high blood (above 300 mg%). After all, against the background of intense physical activity, the body is forced synthesize and release additional amounts of glucose into the blood. And this leads to even more greater increase in blood sugar levels.

Therefore, if you suffer from diabetes, immediately before each workout and during While doing gymnastics, monitor your blood sugar level - at least at first (so that (make sure that blood sugar levels do not exceed critical values).

Machine Translated by Google

Exercise 7

Benefits: *Corrects posture, straightens shoulders. Strengthens upper arms. Strengthens back muscles.* **What to tense:** Interscapular muscles.

Execution technique

Starting position: Lie on the floor, on your stomach. Clasp your hands behind your lower back. Keep your legs relaxed.

Execution of the exercise. 1. Static.

Slowly bend your body upward and, bringing your shoulder blades together as much as possible, pull your elbows towards each other. each other, trying to bring them together as much as possible. Feel the tension in the muscles between shoulder blades and in the shoulders.

Fix in the achieved position and hold it for 20-30 seconds. Then Slowly lower yourself back to the starting position and relax completely.

Important: when lifting your body up, watch the position of your head - do not throw it back, Keep your head parallel to the floor, and even look down slightly to avoid straining your neck.

2. Dynamics. After a short rest (no more than 30 seconds), perform this exercise in Dynamic variation: As you inhale, slowly arch your torso upward (do the lift smoothly and without jerking for 4-5 seconds). As you arch upward, bring your shoulder blades together and pull your elbows toward each other. Feel the tension in your shoulders and the muscles between your shoulder blades. Hold this position for 2 seconds, then exhale and slowly lower yourself back to the starting position. position, and relax the muscles of your arms and back for 1-2 seconds. Repeat this up and down movement another 8-10 times. Move very slowly and smoothly.

Important: as in statics, when raising your body up, watch the position of your head - do not tilt it back, keep your head parallel to the floor, or even look down a little so as not to overstrain your neck.

Machine Translated by Google

Exercise 8

Benefits: *Strengthens the back, shoulder, and arm muscles. Arm muscles become beautifully defined.*

What to strain: In this exercise, you don't have to strain anything. You already have your shoulders and back will be very tense.

Execution technique

Starting position: Lie on the floor, on your stomach. Extend your arms straight forward. Keep your legs relaxed.

Execution of the exercise.

1.Static. Slowly raise your straightened arms and body up as high as possible (just don't Push off the floor with your hands, rise up smoothly!).

Important: when raising your arms and body up, watch the position of your head - your head should Keep it between your arms and don't lift it higher. Don't tilt it back; look slightly down.

Bend upward as far as you can, fix the achieved position and hold it for 20-30 seconds. During this entire time, continue to pull your arms and body upward. It will be difficult to keep your body at one height, so constantly remember this and stretch upwards.

After 20-30 seconds (or sooner if you don't have enough strength) slowly lower yourself down starting position and relax completely.

2. Dynamic. After a short rest, perform the same exercise in a dynamic version:

As you inhale, slowly lift your straight arms and body up as high as possible (as always, lift (This exercise is performed smoothly, without jerking, for 4-5 seconds). Keep your head between your hands, do not lift it up. above this level. Reach your arms up.

Hold at the top for 2 seconds, then **exhale** and slowly lower back to the starting position. position, and relax the muscles of your arms and back for 1-2

seconds. Repeat this up and down movement another 8-12 times. Move very slowly and smoothly.

Machine Translated by Google

Exercise 9

Benefits: *This exercise works the muscles in the most problematic part of the arms, i.e., the back of the arms. surface. Thanks to this exercise, you will always have toned arm muscles, and forever The "bat wings" will disappear.* **What's there to strain?** The back of your arms.

Execution technique

Starting position. Performed on the floor, lying on your stomach. Place your arms along your body, slightly Bend your elbows and clench your fingers (not too tightly) into fists. Keep your legs relaxed.

Exercise 1. Static. Without supporting yourself with your hands, slowly bend your body upward. Roll your shoulders back. and try to bring your shoulder blades together. At the same time, press your upper arms to your sides and pull your elbows up. Continue until you feel a strong tension in the backs of your arms. Don't tilt your head back; keep it parallel to the floor. Be careful not to strain your neck.

Fix in this position and hold it for 20-30 seconds. Then slowly Lower yourself back to the starting position and relax.

2. Dynamic. After a short rest, perform the same exercise in a dynamic version: **As you inhale,** slowly arch your torso upward (the lift should be done smoothly, without jerking, for 4 seconds). At the same time, press your upper arms to your sides and pull your elbows up until you feel a strong tension in the backs of your arms. Don't tilt your head back; keep it parallel to the floor.

Hold at the top position for 2 seconds, then exhale and slowly lower back to the starting position. position, and relax the muscles of your arms and back for 1-2 seconds. Repeat this up and down movement 8-10 more times. Move very slowly and smoothly.

Machine Translated by Google

Exercise 10

Benefits: *Relaxes your back. Stretches the muscles and ligaments of the front of your thighs.* **What to relax:** Try to completely relax your bent leg. Don't resist.

Execution technique

Starting position. Performed on the floor, lying on your stomach.

Exercise: Bend your left leg at the knee. Try to clasp it with both hands.
ankle or foot of the bent left leg and press the heel to the left buttock. Fix the position
for 1 minute, trying to relax the tense muscles of the front of the thigh as much as possible.

After a minute, release your left leg and slowly lower it to the starting position.
Relax. Rest for a bit. Then repeat the same exercise with your right leg.

Tip: If your ligaments are too tight to grip your ankle or foot freely
with both hands, use a belt or towel. Throw a "loop" of these improvised means around
feet or shins, and hold the ends of the "loop" with both hands. Using the "loop" will make it easier for you
pull your heel towards your buttock.

Important: Try to lie flat. And while doing the exercise, make sure that
The "extended" leg did not move to the side at this moment.

Note: Not everyone will be able to easily perform this exercise.
pull your heel toward your buttock - about half of people experience this when trying to pull their heel toward their buttock
there is a painful sensation in the muscles along the front of the thigh, a feeling that the muscles above
my knees are about to come off. Such unpleasant sensations are usually caused by a spasm of the muscles of the front
surface of the thigh.

Before a person's knees hurt, the spasm of the muscles on the front of the thigh can be very
For a long time, the spasm may not make itself known at all, meaning the person doesn't even notice it, isn't "aware" of it. Or they may only feel heaviness and fatigue in the legs, sometimes combined with chronic aching pain.
in the lower back.

But if the thigh muscles are in a spasmodic state for too long, then gradually
They "tighten" the knees and prevent them from moving easily and freely as before. As a result, such a spasm
muscle tension provokes the development of arthrosis of the knee joints or increases the risk of a meniscus tear.

Dr. Evdokimenko "Leg Pain"

Therefore, even if the exercise is difficult for you at first, if you experience those
Even if you experience the unpleasant sensations we talked about, do it anyway. Even if it's just a little bit, keep doing it.
Gently stretch your thigh muscles. By doing this exercise regularly, you will gradually overcome

Machine Translated by Google

muscle spasm. And when the spasm disappears and the muscles become soft and flexible, this exercise will no longer cause you any unpleasant sensations.

Attention! If you have knee problems, be sure to put it in place a rolled up towel behind your knees when you perform this exercise and bend leg - a rolled-up towel will prevent the knee from locking when bending.

Machine Translated by Google

Exercise 11

Benefits: *Stretches the back of the legs. Relieves muscle tension.*
back. The body becomes more flexible. The exercise is especially useful for those who have
too stiff ligaments.

Tip: Do this exercise without too much effort. Let your body
bends under the weight of its own weight.

What to relax: Thigh muscles, lower back.

Execution technique

Starting position: Stand up straight with your feet together and your legs straight. **Exercise:**
Without bending your knees, slowly lower yourself as far as you can and try to touch the floor with your
hands, but without straining! Hold this position for 1 minute.

You may feel a little uncomfortable - you will feel that your muscles and
The ligaments in your legs are taut as a string. Try to relax them. And try
Relax your lower back muscles. After a
minute, your lower back and leg muscles will relax, and you
you'll feel like you can bend a little lower. Do it, but again without
effort! And again, hold the extreme position for 1-2 minutes. Then bend your knees slightly
to relieve tension and
straighten up slowly.
The exercise is performed once.

Important: When bending over, make sure your legs remain straight and do not bend at the hips.
knees. And don't lower your head too low - look slightly ahead. And also
try to keep your back relatively straight, do not arch it - the slope should be
carried out, if possible, only by relaxing the muscles of the legs and lower back.

Machine Translated by Google

Exercise 12

Benefits. *This is a unique exercise because it's the only one of its kind. It pumps blood into the pelvic area and, as a result, improves pelvic organ function. It's essential for everyone and part of any routine. Furthermore, it strengthens the gluteal muscles and*
Anterior thigh muscles.

What to tense. Gluteal muscles.

Execution technique

Starting position: Lie on your back on the floor. Bend your knees and spread your legs.
Spread them out to the sides at about shoulder width. Stretch your arms along your body.

Execution of the exercise.

1. Statics. Leaning on your shoulders and feet, slowly lift your pelvis up as high as possible, tensing your gluteal muscles. Raise your pelvis to the highest possible height, tense up and press it down up a little more.

Hold this position for 20-30 seconds. Try not to lower your pelvis, but pull it up.
upward, maintaining tension in the thigh and gluteal muscles. After 30 seconds, slowly
lie down and relax.

2. Dynamic. After a short rest, perform the same exercise in a dynamic version:
As you inhale, slowly lift your pelvis up as high as possible, pause for a moment at the top point (literally for

Machine Translated by Google

1-2 seconds), feel the tension in your muscles. Then, **as you exhale,** slowly lower your pelvis 15-20 centimeters down so that your thigh muscles relax a little. Then slowly raise it again.

it as high as possible, etc. Do 12-15 such

movements with your pelvis up and down, moving extremely slowly and smoothly, without

making jerks and sudden movements. Then slowly lower yourself back down to the starting position, and Relax completely.

Machine Translated by Google

Exercise 13

Benefits: *Strengthens abdominal muscles. Tightens the skin on your stomach. Will you experience Whether you get six-pack abs or not is entirely up to you. You can do this exercise 8 times, or 15.*

Tip: This exercise can be done in two variations. Your body position influences which ones the abdominal muscles will tense.

What to tense. Abdominal muscles. These are the muscles that hold your body in place. vertical position.

Execution technique

Starting position. Performed on the floor, lying on your back. Bend your knees, but do not Don't put them too close to you, on the contrary, move them forward a little. Put your feet together. Hands stretch it along the body.

Pay attention to the position of your legs, this determines the load on your abs. If you Place your feet slightly forward, further away from you, the load will increase. Bring them a little closer to yo the load will decrease slightly.

Execution of the exercise.

1. Statics. Depending on the level of tension in the muscles you want to achieve, perform respectively, the 1st or 2nd option.

Option 1: As you inhale, slowly lift your body and stretch your chest up and forward. But Don't pull your head forward, look up. Keep your back straight. Keep your hands by your hips. In this This position will cause your upper abdominal muscles to tense.

Lean your body forward as far as possible and hold this position for 20-30 seconds. Then As you exhale, slowly lower yourself back to the starting position and relax your abdominal muscles.

Machine Translated by Google

Option 2: As you inhale, slowly lift your body, reaching your shoulders and chest towards your knees.
(with its upper part), and tense your abdominal muscles as much as possible. Keep your hands in front of you, but not
Pull them forward. In this position, you will tense the muscles of your middle and lower abdomen.

Lean your body forward as far as possible and hold this position for 20-30 seconds. Then
As you exhale, slowly lower yourself back to the starting position and relax your abdominal muscles.

2. Dynamics. After a short rest, perform your chosen exercise variation in
dynamic version: **while inhaling ,** slowly lift your body and stretch your body forward (lifting
(This is performed smoothly, without jerking, for 4-5 seconds).

Hold at the top for 1-2 seconds, then, **as you exhale,** slowly lower yourself back to the starting position.
position, and relax your abdominal muscles for 1-2 seconds.

Perform this dynamic version of the exercise (up and down) another 8-15 times in a row.

Important: raise your body as you inhale, lower it as you exhale.

Physical activity reduces the risk of cardiovascular disease. *Physical exercise*
is beneficial for the heart and blood vessels. Exercise stimulates blood flow.
small vessels and improve the heart's pumping function. When combined with a healthy diet, physical activity
Exercise reduces the level of low-density lipoproteins (the "bad" cholesterol) in the blood. Furthermore, physical
activity increases the level of lipoproteins in the blood.
high density ("good" cholesterol), which maintain high permeability
blood vessels and help lower blood pressure.

Machine Translated by Google

Exercise 14

Attention! This exercise is performed dynamically only. Benefits: *This exercise strengthens the oblique abdominal muscles and tightens the skin of the abdomen. You There will never be folds of fat hanging down the sides.*

What to strain? Abdominal muscles.

Execution technique

Starting position: Lie on your back. Bend your knees, but don't put them too close to the floor. Instead, move your legs slightly forward. Place your feet together. Stretch your arms along your body.

Performing the exercise. From the starting position, lift your body forward and to the right, trying to pull my right shoulder towards my knees as much as possible.

At the same time, stretch not with your arms, but with your shoulder. And make sure that your feet are Keep your legs pressed to the floor, with your knees straight and not falling to the side. Hold the top position for 1-2 seconds, then slowly lower yourself back to the starting position. Relax your abdominal muscles for 1-2 seconds. Then immediately repeat this exercise to the left. Perform the exercise alternately 5-8 times on each side.

Important: raise your body as you inhale, lower it as you exhale.

Interesting fact - Psychologists and doctors unanimously claim that a friendly and contented person always has a greater supply of health and vitality

Machine Translated by Google

strength than a touchy and capricious person. Therefore, try to forgive the mistakes of loved ones less
Demand, give more, and enjoy even the little things—these are anti-stress principles
will help slow down the aging of the soul and body, and will allow you to stay young longer.

Machine Translated by Google

Exercise 15

Benefits: *Strengthens the abdominal muscles while simultaneously stretching the lumbar muscles.*

Execution technique

Starting position. Performed on the floor, lying on your back. Legs are brought together and bent at the knees, feet on the floor.

How to perform the exercise: Slowly pull your knees towards your stomach without using your hands and try Press them towards you, without lifting your pelvis off the floor. You probably won't be able to press your knees together. to your stomach, but that's okay. The important thing in the exercise is the desire to do it. Pull

your knees to your stomach and hold this position for 3-4 seconds. Then slowly and

Slowly lower your legs back to the starting position.

Repeat the exercise at a slow pace 8-10 times.

Machine Translated by Google

Exercise 16

Benefits: *Stretches the backs of the legs. A feeling of lightness appears in the legs. The exercise increases your flexibility.*

Advice: Perform this exercise for as long as it takes to achieve your goals. you: if you are naturally flexible, then you only need to do it for 1 minute, and there is no need to change the time. And if If your ligaments are tight, then you need to start with 1 minute, and gradually increase the time perform the exercise for up to 3 minutes.

Execution technique

Sit on the floor. Keep your legs straight and point your toes toward you. Bend forward and, without bending your legs, On your knees, try to clasp your feet or toes with your fingers. Don't slouch your back.

Try to completely relax your legs: your thighs in front, your thighs in the back, your knees. Stretch your stomach. to the hips, and not with the chest to the knees - these are completely different loads, and in the second option there is no meaning. When doing the exercise, do not push your stomach forward, but rather pull it in. And, Keep your back straight as much as possible.

Lean forward as far as you can and hold this position for 1 to 3 minutes. Perform this exercise once.

Machine Translated by Google

Note: Only bend as far as your body allows. Don't try to
surpass your natural flexibility. Don't jerk or apply significant force. Just
Fix the achieved position and relax. Even if your ligaments are very tight, and you
If you feel like you've leaned too far, hold the position for another minute. After about a minute, your relaxed muscles will allow you to lean a little lower.
after a minute - again a little lower. Repeating the exercise day after day, you will be able to significantly
increase the angle of inclination.

Your goal in this exercise is to stretch the muscles of the back over time, over several months. Tighten your thighs and back muscles until the angle of inclination approximately doubles. This will eliminate the usual muscle spasm in your thighs and lower back, and improve blood flow to your legs.

Tip: If the stiffness of your vocal ligaments during the first days of training does not allow you to move freely To grab your foot with your hands, use a belt or towel. Throw on a "loop" from these improvised items. around your foot, and hold the ends of the "loop" with both hands. The loop will make it easier for you pull yourself forward.

Machine Translated by Google

Exercise 17

Benefits: *This exercise strengthens your thigh muscles very quickly. It will help you to easily cover long distances without feeling tired legs. And that's exactly what The exercise gives a feeling of "light walking".*

Execution technique

Lean your back against the wall, lean on it. Move your legs forward and place them on shoulder width apart. The feet are parallel to each other.

Without lifting your back from the wall, slide down the wall as if you were sitting on a chair. Keep your feet at right angles.

Hold this position for 1-2-3 minutes (as long as you can, but you shouldn't start too soon). (less than 40 seconds). Then slowly push yourself away from the wall, straighten up, and relax.

The exercise is performed once.

Attention! This exercise is especially useful for strengthening the legs of those people who have birth, the knee ligaments are too weak, i.e. those who can easily "bend their knees in the reverse side."

People tend to consider excessive flexibility (joint hypermobility) and the ability It's easy to sit in the lotus position or do the splits without warming up, an obvious benefit. Meanwhile, such hypermobility is not always beneficial. Some hyperflexible people, who hypermobile joints and very weak ligaments are given at birth, and throughout life, repeatedly injure the knee joints. If there were too many such injuries or microtraumas or If the damage to the knee from one of the injuries was too great, then the "sum of damage" subsequently leads to the development of arthrosis of the affected knee joint.

Dr. Evdokimenko "Leg Pain"

Machine Translated by Google

Note: The most harmful exercises for the knees are "classic" squats. These exercises are so harmful to the knee joints that they could easily be avoided.
call "goodbye knees" exercises. Mindless deep squats, especially those performed
regularly, in large quantities and at a fast pace, can quickly lead to arthrosis of the knees
joints of even a completely healthy person. In addition, squats often provoke
meniscus damage, and they almost always worsen the condition of the knees in people who are already ill
arthrosis of the knee joints. This
exercise is an excellent alternative to "classic" squats. It
It perfectly strengthens the leg muscles and knee ligaments. But unlike "classic" squats,
When performing this exercise, the knees are not injured or damaged in any way.

Machine Translated by Google

Exercise 18 Uddiyana Bandha

Benefits: *This exercise trains your breathing, improves the condition of your abdominal organs, and strengthens your heart muscle.*

Tip: This exercise is performed exclusively using the abdominal muscles.

Execution technique

Starting position: Stand up straight with your feet shoulder-width apart and a slight bend in your knees. Relax your pelvis and tilt it forward slightly. Place your palms on your inner thighs, elbows, and shoulders.
directed slightly forward.

To perform the exercise: Exhale completely and hold your breath. Tilt your head down.
and press your chin to your chest (while you do this exercise, you are not breathing!). Pull in strongly
stomach inward and upward to the solar plexus, and immediately push the stomach down.

Important: Do the abdominal contraction slowly and deliberately.

Repeat the slow movement of the abdomen while holding your breath 3-5 times, and only then begin
breathe freely (this is one approach).

Machine Translated by Google

Note: If you literally can't get enough air to perform 3-5 abdominal movements back and forth while holding your breath, do as many times as you can. Over time, you'll
develop your lungs.

With short breaks in between, do 3 more of these approaches (holding your breath).

Machine Translated by Google

ADDITIONAL COMPLEX

Exercise 19

Benefits: *Energizes. Stretches tight ligaments in the legs, and also stretches Tightened muscles throughout the body. The abdominal and thigh muscles are strengthened.*

Advice: If your leg ligaments are not stretched at all and it hurts you to do this exercise, do not Place your foot completely on your entire foot. Perform the exercise while remaining on your toes, but keep your feet Keep your knees straight and do not bend them.

What to tense: Abdominal muscles (pull in your stomach).

Execution technique

Starting position. Performed on the floor. Get on all fours (knees). Legs Spread your legs shoulder-width apart. Place your feet on your toes.

Place your hands on your palms, making sure your palms are directly under your shoulders, not forward. Spread your fingers outward so that your middle fingers point straight ahead. forward.

Performing the exercise. Step

1. With your palms on the floor, straighten your knees and lift your pelvis up as high as possible. higher. If possible, keep your heels on the floor. Keep your legs straight.

At the same time, tilt your head down towards your stomach (you will immediately feel how the muscles tense up) abdomen). Continue standing in this position for 1 to 2 minutes, depending on your physical condition. preparation (but not less than 40 seconds).

Important: Don't put all your weight on your palms. This exercise requires you to do more than just stand on your hands. You should be stretching with your entire body and all your muscles. Up – Pull your arm muscles up as if doing a push-up; continue pulling your muscles up back and pull your pelvis up. Feel the sensation of how you are stretching up (this should be more of an internal sensation rather than an external one). Follow this sensation and try keep it for the entire time you are doing this exercise.

Stage 2. After 1-2 minutes, return to the starting position (on all fours). Now, leaving your palms in place and without moving them, sit on your heels and lower your body down as far as you can, and Touch your forehead to the floor. Stay in this position for a few seconds. And in this position Relax your body completely.

Machine Translated by Google

Step 3. Then slowly lift yourself off the floor and sit back on your heels. But do it gradually, starting from the shoulders - without lifting your hands from the floor, slowly and smoothly you raise up first shoulders, then the body, and then sit on your heels. Your hands do not lift off the floor, but slide along half following the movement of your body.

Machine Translated by Google

Exercise 20

Benefits: *Strengthens the muscles of the front and back of the thighs, and, most importantly, strengthens the muscles of the inner thighs. Strengthens the back muscles. Develops sense of balance.*

Tip: In this exercise, the slightest change in the position of the body and legs changes load on different groups of thigh muscles. Try to lean your body forward a little more, and you If you feel one load, keep your body straight – and you will feel a different load. Lower it a little lower. The pelvis is another tension. Here you have to decide for yourself which muscles you want to load and what result do you want to achieve.

Execution technique

Starting position: Stand on your right knee so that it is directly under your hip. Extend your left leg forward, bent at the knee at a right angle. The toe of your left foot points straight ahead. forward.

Performing the exercise. Straighten your right leg (left leg remains bent at the same time) knee at a right angle). Turn

the foot of your right leg perpendicular to your left foot and press it firmly to the floor. Turn your torso and pelvis to the left (perpendicular to your right foot) and lift it up straight arms. Place your palms together, pressing the inside of your hands as much as possible ears. Keep your back straight. Lean your body forward slightly.

Machine Translated by Google

In this position, you will feel a strong tension in your hips. Hold this pose. Hold for 1-2 minutes. Then slowly return to the starting position.

Then turn to the other side and repeat the exercise with the other leg.

Machine Translated by Google

Exercise 21

Benefits: *Strengthens the back of the legs, gluteal muscles, and internal muscles. surface of the thighs. The lateral muscles are tightened - this way you will get rid of your "Breeches."*

What to tense: When you bring your legs together, tense your inner thighs.
Imagine that you have a ball between your legs and you are trying to squeeze it.

Execution technique

Starting position: Lie on the floor on your stomach. Place your arms alongside your body.

How to perform the exercise: Raise your straight legs up, not too high, about 20-40 centimeters from the floor. Then slowly spread your raised legs as far apart as possible (up to
feeling tension in your thighs), then slowly bring your legs together. Continue to slowly bring and
spread your legs – do the adduction and abduction of your legs 10-12 times. Then slowly lower your legs and Relax completely.

Important: When performing the exercise, make sure that your shoulders are on the floor and remain relaxed.

Machine Translated by Google

Exercise 22

Benefits: *This exercise is especially helpful for those with tight pectoral muscles and shoulders.
look forward. And for those who tend to slouch.*

Execution technique

Starting position: Lie on your back. Extend your arms out to the sides, palms facing up.

Performing the exercise: Bend your knees and place them on your sides at a right angle.
in relation to the body. Turn your head in the opposite direction from your legs. Try to relax
chest muscles. Then relax your back muscles, and then relax your arms. If you are not strong enough
flexible and your hand doesn't fall on the floor, but remains suspended, put a towel under it (see photo) - this way you
It will be easier to relax the pectoral muscles and the muscles on the front of the shoulder.

Make sure your legs are positioned correctly - make sure they stay in place and don't move.
with their

hand. Stay in this position for 1 minute. Then move your bent legs to the other side and turn your head in the
opposite direction from your legs. Relax and hold this position.
for another 1 minute.

Machine Translated by Google

Exercise 23

Benefits: *Strengthens virtually all abdominal muscles. Strengthens the thigh muscles. Stretches the muscles and ligaments of the back of the legs.* **Tip:** To begin,
perform this exercise for 10 seconds at each stage. If you don't have
have enough strength to complete the entire exercise, do not interrupt the execution under any circumstances
Do the exercises abruptly, and don't drop your legs to the floor (dropping your legs abruptly can strain your lower back). It's better
Slowly bend your knees and place your bent legs on the floor. After this, you can continue the exercise
continue. Just try to progress a little further each time in performing the exercise.
Eventually you will be able to complete the exercise to the end as required.

Execution technique

Starting position: Lying on your back on the floor. Arms rest alongside your body. Legs together.

Performing the exercise.

Stage 1. Raise your upper body slightly upwards, and at the same time try to press
lower back to the floor. Now lift your straight legs up to about 30 degrees from the floor. Arms
Hold your legs at your sides. Hold this position for 10-20 seconds. Then lift your
legs even higher, to about 60 degrees off the floor, and hold them there.
position for another 10-20 seconds. Then raise your legs to a 90-degree angle and pull your toes up
yourself. Keep your legs straight. You can lower your body at this stage. Hold your legs in this position.
position for another 10-20 seconds.

Machine Translated by Google

Step 2. Without lowering your legs to the floor, perform the exercise in reverse order. Again lift your upper body and lower your legs back to a 60-degree angle. Lock in
Hold this position for 10-20 seconds. Then, keeping your torso raised, lower your legs to a 30-degree angle. Hold this position for another 10-20 seconds, then slowly bend your legs
knees and place your bent legs on the floor. Lower your body. Relax completely.

Machine Translated by Google

Exercise 24

Benefits: *Strengthens the neck muscles. You'll never have a double chin again. It tightens your neck.*
skin on the neck.

Execution technique

Starting position: Lie on your back on the floor. Place your arms alongside your body.

Performing the exercise. The exercise is performed in 3 stages.
Stage 1. Raise your head approximately 5-10 cm from the floor and slightly tense your muscles.
front of the neck. Hold this position for 30-60 seconds. Then rest your head on
floor and relax your neck muscles.

Stage 2: After a short rest, turn your head to the left and lift it from this position.
about 5-10 cm from the floor. Hold this position for 30-60 seconds. Then lower your head
floor and return it to its original position (head lying straight). Relax.

Step 3: Now turn your head to the right and lift it from this position by about
5-10 cm from the floor. Hold this position for 30-60 seconds. Then lower your head to the floor and
Return it to the starting position (head is straight). Relax.

Machine Translated by Google

Exercise 25 (Twist #1)

Benefits. *This exercise has a healing effect on internal organs.*

Execution technique

Starting position. Sit on the floor, bend your right leg at the knee in half, and bend your right heel
Place your legs near your groin. Bend your left leg at the knee and extend it forward, with your left foot
Place your right leg behind your knee. Make sure your left leg is strictly vertical, not
leaned to the right or left.

Performing the exercise.

Without changing the position of your legs, rotate your body towards your left thigh, relax your stomach, and with your left han
Lean on the back of your body to maintain your balance. Bring your right hand behind your left knee, slightly
Press your elbow into your knee and try to twist to the left a little further. Hold this position for 1 minute. Then
return to the starting position.

After a short rest, switch legs and repeat the exercise on the other side.

Tip: When doing the exercise, try to rotate your lower body;
turn, take your time - first relax your abdominal muscles, and only then continue moving
body. Feel the pressure on your internal organs. Try to maintain your balance with the help of
leg muscles. And make sure your right knee is on the floor.

Interesting fact - There are scientific studies which have shown that in
During physical exercise, happiness hormones called endorphins are released. And if our body does not
gets physical exercise, the release of this hormone slows down, and we feel
unhappy.

According to a study conducted by scientists from Harvard University (USA), people who believe that
they move enough benefit more from physical activity than those who
moves just as much, but doesn't think he's doing healthy exercise.

Machine Translated by Google

Exercise 26 (Twist #2)

Benefits. *It has a healing effect on the internal organs. The exercise is very similar to the previous one, the only difference being that here you sit on bent leg. Unlike the previous one, this exercise has a gentler effect on internal organs.*

Execution technique

Starting position: Sitting on the floor, bend your right leg at the knee and sit on it. Foot Turn your right leg perpendicularly to maintain balance. Bend your left leg at the knee. put your left foot forward, place it behind your right knee.

Performing the exercise. Without changing the position of your legs, rotate your torso toward your left thigh, relax your stomach, and lean your left hand behind you to maintain balance. Right hand bring it behind your left knee. Stay in this position for 10-20 seconds. Now relax your stomach and Try turning your body to the left a little more. Hold this position for 1 minute. Then Return to the starting position. Then switch legs and repeat the exercise on the other side.

Machine Translated by Google

CLOSING REMARKS

My book is my response to the madness of existing yoga, aerobics, physical education, and so on. It's my response to the stupidity and commercial approach to health. I offer you a meaningful, sensible gymnastics. Over the course of twelve years of practice, I've never stopped studying other gymnastics and other exercise routines. But I haven't found anything more effective or efficient. If I I'll reveal some more secrets, you'll be the first to know about them.

Unfortunately, there are people among us who give up any sport and don't They take care of their health, citing their constant busyness and, as a result, constant fatigue. Fatigue will indeed be constant if nothing is done. And health, too, will eventually will end if you don't stop.

In the endless race for prosperity, people do not think about the fact that the time may come the moment when you have to spend too much money and effort on improving your health.

At first we don't do sports because now we are 20 years old and we look great, and We don't feel bad. And anyway, we have no time, we need to get our lives in order... And now

we're already thirty. Our backs are a bit sore, and we look tired. And out of nowhere, This belly? It's weird, I didn't have it at all when I was twenty? And for some reason I weigh a lot more than I did in Twenty?

But we have no time to take care of our health anymore, we have children, and all our time is spent on earning money for the family. To pay for a nanny, or tuition at a prestigious school and etc…

And now we're already forty. We still haven't found the time to take care of our health... We look We are unwell, and we feel even worse. People give us their seats on public transport. We no longer have the strength to work in in this mode. The children have grown up, and I no longer have the strength to communicate with them. And how old is my daughter? Oh yeah, I I recently made a deal to pay for the wedding! And my son? Yes, I recently gave him a car upon reaching adulthood. What

will happen next? Will they ask you for a new house?.. Life scenarios can be different, but there's only one excuse - no time for yourself. Have you ever thought about what you need? for you personally? Do you have a hobby or interest that helps you relax and enjoy yourself? Have you had time to take care of your health in twenty years?

Sometimes, it's only in old age that we begin to realize we're not going to live forever. And our health, alas, is already wasted, and it's too late to do anything about it. You need to take care of your health in a timely manner. It's better to maintain health than to restore it. And this doesn't take much time. Forty minutes a day, once a week, and you can stay young. Think about it: our physical condition

directly affects the quality of our lives, and vice versa. There's another very terrible enemy of health: laziness. It creeps into our lives unnoticed. At first, we indulge ourselves by getting in the car, refusing to walk a hundred meters, citing

bad weather, poor health, etc. Very soon we stop walking. Laziness begins fill our lives. And instead of working out, we sit in front of the TV and watch movies that don't interest us. I like it. Day after day, year after year, goes by like this...

I had one student. She found out about my classes from a friend who studies with me. seven years old. She persistently asked me for a long time to do gymnastics with her. Since I have a lot students, she had to wait until my time was free. At forty, she decided for the first time to take up sports. Looking at her friend, she also wanted to look younger. At first,

everything was fine. After two months, when she had already achieved visible results, the woman began skipping classes. At first, she did it once a week, then she only did it once a week. week. And one day she called me and said that she would no longer be doing it because she can't torture himself.

Machine Translated by Google

I gave this example so that you understand that if you were lazy until you were forty and nothing
If you didn't do anything for yourself in terms of health, didn't give your body any physical exercise, then you won't win
Laziness will be very difficult for you, in most cases laziness wins...

While writing the book, I happened to overhear a conversation between two friends. We were sitting in
in the cinema in the neighboring seats, and I had nowhere to go. One of the women was very emotional
She was talking about how quickly she was gaining weight. It went something like this: "I look at myself in the mirror and
see that I'm getting fatter by the hour. I don't know what to do. I can't deny myself anything. If I want a piece of cake, I can
eat it all. As soon as I think about dieting, I start eating twice as much."
more. And I understand that I can't do this, but I keep eating. When I'm at home, my mouth won't close." It was a
monologue... My friend couldn't find anything to say.

I think many of us have seen people like this. This is the final stage of degradation.
human essence. If a person himself admits that he cannot change himself, then this is no longer
personality, but a zombie.

You are a rational person. And you have the power to change yourself. You are not a robot that was programmed.
be just like this. You are an artist who paints your life and your body.

And you already know the shortest path to health and youth. Start exercising!
Do not doubt it, this gymnastics will change your life for the better.

Welcome to the ageless future!